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For Mental Shock and disturbing sleep, Tree Shade Therapy and Bare Foot Walking can do a lot.

- Posted by [Pankaj Oudhia](#) on April 24, 2012 at 20:23
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Excerpts from my Jungle Diaries (April 2012 onwards) Part-3

(In continuation of Part-2)

I dream of big research lab where the Traditional Healers can do all sort of experimentations without any fear of misuse of Traditional Knowledge. They must be given chance to use their knowledge on patients at initial stage of cancer like diseases.

Back to the Shyam's brother. We started to meet the Traditional Healers by Innova car. During long journey I usually get bore. I avoid using laptop. I always keep Camera with me. Try to avoid using mobile but huge presence in internet results in regular calls from readers. I wish to buy a vehicle equipped with cameras on roof top so that at the end of day I can see every thing through which I passed during visit and which is not possible to see from small car window. I am also not fond of sleep. During travel I avoid it. There is another reason for it.

In nineties I was travelling to Mandla as special correspondent of Daily Navbharat to observe the ground level situation of Sal borer infested forest. At that time Shorea robusta (Sal) trees were heavily infested by the borer beetles and based on it the government decided to cut infested trees. The environmentalists were worried about the possible corruption behind it. They were suspecting that the authorities may mark the healthy trees as infested and in this way cut large part of forest in the name of borer. At that time everyone was appreciating the authority's decision. The journalists were not much technical and the authorities were keeping the forest scientists in front line to convince every one that there is need to save healthy trees from borer. Hence, destruction of affected trees is inevitable. I wanted to protect the infested trees by treating them. I suggested many ways. Some were suggested by the natives living in that forest and others were innovative ways to manage borers. The scientists were demanding for published reports in international journals. The knowledge forest natives have is although not published in any science journal of Hi-impact factors but I can challenge that they know much more than the so-called called researchers having skill to copy their work and present it in form of attractive research papers.



[Shorea tree by Pankaj Oudhia]

I started the journey by night bus from Raipur to Mandla, the area affected by borers. It was severe winter with seasonal rains. In mid way at around 1 PM, I was in deep sleep. The high speed bus with drunk driver came down from valley killing 7 passengers including driver. I was lucky enough but the shock removed the sleep from my eyes for long time specially during journey.

“Please come to forest and pass three to four hours in shade of Mahua and Kalmi Trees.” The Traditional Healers suggested me when they heard about this horrible accident. There is no doubt in efficacy of their Tree Shade Therapy but sitting idle in shade of Mahua and Kalmi trees is not an easy task. When you enter in forest and stay for a while then various creatures start taking interest in you. First of all small forest fly Lokti starts flying around ears. The smell of ears attracts them. Mahua Tree is visited by number of creatures. It seems that everyone is aware of benefits of Mahua Tree Shade Therapy. I refused the proposal of Traditional Healers. My Mother was giving me Khas-khas ka Halwa, a sweet dish prepared from Poppy seeds in order to recover from mental shock and to get sound sleep. I was satisfied with the results.



[Mahua Tree by Pankaj Oudhia]

“We will sit with you and discuss on different unheard stories of Mahua tree.” I got new proposal. Finally I decided to pass one day with the Healers for my treatment. I passed six hours in shade of Mahua and Kalmi trees. I was served wild fruits. Many types of medicinal insects and mites, also medicinal soil entire day. I consumed hot decoction of wood mushroom collected from decaying Tendu trees. I gained a lot in terms of health as well as knowledge. When I was returning home they suggested me to consume cooked Kodo grains at night with lot of Ghee. At that night I slept like I

never slept. It was dreamless sleep but something was on inside deep in mind. Miraculous one day treatment removed the bad effects of shock and I got my original sleep with occasional but enjoyable wet dreams back.

In next rainy season, the Healers called me for final treatment. For forest visit in rainy season I keep modern shoes in my vehicle but this time the Healers instructed me to walk bare foot inside the forest. They showed me the patch of small wild herbs. We walked in the patch Bare foot for many hours. The Healers showed me the presence of scorpions and snakes in this patch but assured that these creatures are very shy and avoid unnecessary conflict with human beings. "Through soles the effect of herbs will reach to eyes and mind." They explained about Traditional Therapy based on Bare Foot Walking.

So back to the original story. I was in Innova car with Shyam and going to meet the Healers. "Chhattisgarh is really beautiful place. The beauty of Palash tree is mesmerizing." Shyam said. "That is not Palash (*Butea monosperma*). These trees are of Semal (*Bombax*), loaded with flowers." I said and instructed the driver to stop for a while.

"Oh you are right. It is Cotton Tree, not Palash." Shyam started collecting fallen flowers. Semal is not mere a Cotton Tree for me. It is source of valuable life saving medicines. The Traditional Healers use it in thousands of ways to protect human lives.

By searching the terms like Aphrodisiac many readers reach to my articles. The victims of STDs mostly the regular careless visitors of India's famous red light areas, when get depressed by costly treatment of modern health experts, they approach to me for treatment. In general, I ignore such mails but once when one of my family friends got Gonorrhoea they approached to me. They took the services of famous Doctors in India and abroad for proper treatment but still the patient was facing difficulty in passing urine. I suggested them to visit to the Traditional Healers but let me do small experiment before it.

I remembered five herbs formulations from the Healers of Bastar region. All ingredients are wild flowers. Semal flowers play central role in this formulation but every herb plays important role and not even single ingredient can be added or deleted. The use is very simple but interesting. In India, during summer we use earthen pot known as Ghada to cool water. For preparation of medicine, Ghada is filled with water and then the combination of five wild flowers is converted into paste and smeared on outer layer of Ghada. After three to four hours, patient is advised to take cool water from Ghada. As the last drop of water reaches to the stomach of patient he/she gets rid from the trouble. My small experiment worked on the patient but the trouble continued in smaller extent. I decided to meet the Healers.



[Semal Flower by Pankaj Oudhia]

"Every thing was correct in your experimentation but it seems that in place of old trees you collected flowers from young trees of Semal." The Healers said with smile. They were right. This time they used the perfect formulation and the patient said goodbye to the trouble forever. (contd.)

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